

VIDEO TRAINING RECORD		
VIDEO TITLE Road Rage and Aggressive Driving	VIDEO ID NUMBER RRAD	
<b>KEY TEACHING POINTS OF THE VIDEO</b>		
<p>Road rage is defined as deliberate violent behavior on the part of a driver in response to a traffic grievance. We have all heard horror stories of someone who had been beaten, run over, or even shot because of a real or imagined slight. An aggressive driver may cause another motorist to explode into road rage behavior. Aggressive drivers are individuals who typically show little concern for traffic regulations or other motorists. They are more likely to speed or go blasting through stop signs and red lights, tailgate other vehicles, and weave in and out of traffic. With their high risk driving behavior, they endanger other motorists and themselves as well. Because of their general disregard for others, aggressive drivers are more likely to exhibit road rage behavior themselves if another motorist makes them angry. Driving mistakes, inattention, intentional as well as unintentional rudeness can trigger road rage in other motorists. Some of the reasons why motorists drive aggressively are, increasing traffic congestion, road construction which causes delays and detours. Always be alert when driving, be conscious and considerate of other motorists. Never tailgate, cut off or do anything that could provoke another motorist to retaliate against you be being inconsiderate or rude. It is important to know what to do if an enraged motorist is acting in an aggressive or threatening manner. There are specific steps to take to protect yourself: 1) make sure your seatbelt is fastened; 2) secure and lock your car and roll up windows to prevent anyone from gaining entry into your vehicle; 3) Leave space between your vehicle and the one ahead, even when you are stopped at a light; 4) If your vehicle is blocked by an irate or enraged motorist and you have no escape route, do not get out of your vehicle. If an irate motorist tries to gain entry into your vehicle honk the horn or an alarm and flash your headlights to signal other motorists that you need assistance. If you have a cell phone, use it to call for help. If you notice another driver following you, don't go home, go to a police or sheriffs station to get help. We all have the potential of provoking another motorist into an episode of road rage or aggressive driving behavior. Anyone can be provoked into an episode of road rage or aggressive driving if already under stress. You should try to reduce or relieve your stress levels before climbing into your vehicle. Remember you can't control adverse traffic situations or road conditions, but you can control how you respond to them. Concentrate on staying calm, relaxed, patient and adopt a cooperative driving attitude.</p>		
<b>QUESTION</b>	<b>ANSWERS</b>	
	<b>TRUE</b>	<b>FALSE</b>
1 Aggressive drivers show little concern for traffic regulations or other motorists.		
2 Aggressive drivers are considered to only be a danger to themselves.		
3 Aggressive drivers are more likely to exhibit road rage behavior if another motorist makes them angry.		
4 Road rage is defined as deliberate violent behavior on the part of a driver in response to a traffic grievance.		
5 You can control adverse traffic situations and road conditions, but you can't control how you respond to them.		
EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE
INSTRUCTOR'S NAME	INSTRUCTOR'S SIGNATURE	DATE

1. True 2. False 3. True 4. True 5. False